



### THE CONNECTION NEWSLETTER

LINKING HEALTH AGENCIES AND COMMUNITY ORGANIZATIONS THAT WORK  
WITH MINORITIES IN UTAH

**April 2008 Issue # 22**

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**APRIL IS NATIONAL MINORITY HEALTH MONTH  
A HEALTHY BABY BEGINS WITH YOU IS OMH'S CALL  
FOR NATIONAL MINORITY HEALTH MONTH**

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*The Connection***

The HHS Office of Minority Health has chosen A Healthy Baby Begins with You as the theme for its work during National Minority Health Month in April. OMH invites State and local governments and offices of minority health to organize events and put forth proclamations to bring due attention to this issue.

OMH recently launched its campaign A Healthy Baby Begins with You, to create awareness of risk factors and help reduce high infant mortality rates among African Americans. It is also intended to stimulate awareness of the local and national resources available to mothers and children to reduce infant deaths in the African American community. The national infant mortality rate is defined as deaths per 1,000 live births among infants up to the age of one year. Among African American babies, the rate is 13 per 1,000 live births, which is more than twice the rate for the U.S. population as a whole.

While bringing the campaign to different cities around the nation, and listening to health professionals, researchers and community members, Graham said that OMH has realized that prenatal care and a healthy regimen of nutrition and exercise are essential to good birth outcomes, but the health of the women even before they became pregnant is extremely important for good birth outcomes.

"This says something very simple to us: a healthy baby really does begin with you!" said Dr. Graham. "An infant mortality prevention campaign is actually about the health of a community as a whole. It speaks about access to quality prenatal and postnatal care, improved living conditions, healthy and united families, healthy habits, and prevention of risky behaviors."

During this year's National Minority Health Month, OMH will focus on how our minority communities prepare themselves to welcome their babies. OMH invites communities to host A Healthy Baby Begins with You events during the month and throughout the year, and will list events to be listed on its web site, [www.omhrc.gov](http://www.omhrc.gov). The web site also has materials to help communities organize their events.

This campaign is part of a broader National Partnership for Action to End Health Disparities that OMH has introduced to combat health disparities in all communities

Source: HHS/OMH



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## THE MOST SHOCKING OF ALL

*"Of all the forms of inequality, injustice in health care is the most shocking and inhumane."* Dr. Martin Luther King, Jr.

April is National Minority Health Month. The following article explores issues and resources addressing the elimination of health disparities and improving the health status of minority populations.

The National Minority Quality Forum was founded in 1998, originally as the National Minority Health Month Foundation. Its mission is to ensure "that high-risk racial and ethnic populations and communities receive optimal health care." In 2001, they launched the first Minority Health Month, and have supported activities around that month as well as long term initiatives and an annual summit. In addition to these activities, they have identified specific issues that need to be addressed in order to achieve that mission. This article looks at two key issues and provides some materials to turn to for more information.

The first identified issue is that, as a whole, "minorities are the emerging majority". The United States is no longer viewed as a melting pot, but as a salad bar, with a rich and diverse population of many cultures. Statistics on the populations can be found at the American Fact Finder web site which brings together in an easy to understand form, results of the Census and the mid-census American Community Surveys. There is also a State Data Center in each state that will provide support and assistance to researchers wanting to access census data. The Modern Language Association has created a tool that maps languages spoken in the United States. These tools combine to paint a picture of the cultural make up of your community.

The second, more complex issue identified by the National Minority Quality Forum is the under representation of minorities in clinical trials. Years of distrust by minority groups toward the medical community, founded on events such as the travesty that occurred during the Tuskegee Syphilis (1932-1972) study, conducted by the US Public Health Service, have led to an unequal representation in clinical trials of minorities. Sadly, one does not need to look back this far to see unethical use of minorities in research. In 2004, the Havasupai Tribe recently filed a law suit against Arizona State University, claiming that blood samples that were taken for an approved diabetes study were also used in several unauthorized studies around issues of schizophrenia, theories about migration paths to North America, and other areas.

Overcoming the lack of trust that has resulted from abuses such as those at Tuskegee and Arizona is a challenge; yet increasing the numbers of minorities participating in clinical trials is important to ensure that treatments are safely and fully tested. Providing information detailing current clinical studies, and what a clinical study is, can be a useful step toward increasing trust and interest in participating in trials. ClinicalTrials.gov is a registry of federal and private trials in and outside the US, and is searchable by condition, drug intervention, location and sponsor. The section explaining clinical trials, who can participate, the benefits and risks, and other topics, is a helpful starting point in demonstrating the function that clinical trials play in providing patients a more active role in their own health care.

Researchers have discovered that, today, a greater challenge than trust and information might be access to the trials themselves. Access can cover a full range of barriers, from transportation and time to participate, to lack of invitation to participate in a trial in the language a patient speaks. Collaborations with trusted community gatekeepers can assist in overcoming these barriers and at the same time improve the level of trust between patients and researchers.

This April, as we celebrate the diversity of cultures in the United States, let us not forget the most shocking injustice of all, that of inequality in health status. Each of us can find ways to inform and educate those we work with about resources that support improved health outcomes for all people living in this country. Make sure and turn to the National Network of Libraries of Medicine, MidContinental Region for help in obtaining resources and materials to work toward the goal of the elimination of health disparities.

*Siobhan Champ-Blackwell, MSLIS*



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## GRANTS WILL BE AVAILABLE FOR COMMUNITY-BASED ORGANIZATIONS TO HELP ENROLL UTAHNS IN STATE HEALTH INSURANCE PROGRAMS

Funded with \$175,000 in 1-time funds, HB131 is one of the most critical steps taken *this Session* to move forward on the Governor's (and Rep. Clark's) laudable goals for reform: to optimize current programs and tools to cover the low-income uninsured.

The following legislators were critical to ultimate success on HB131: Rep. John Dougall, Rep. David Litvack, Rep. Becky Lockhart, Sen. Curt Bramble, President Valentine, others. Partners in the Multicultural Health Network must also be congratulated for their eloquent participation in hearings and outstanding organizing and advocacy on behalf of HB131.

For those without an affordable offer of coverage at the workplace... the minigrants will get the word out about Utah Premium Partnership (UPP and how it works in the shift towards individual responsibility for obtaining coverage and care. Minigrants are the best way to reach our busy uninsured workers, especially high-risk groups, so that they can participate in the private market with the help of a premium subsidy.

The minigrants will optimize our utilization of cost effective programs like Medicaid and CHIP: Given the generous Federal match (3 to 1 for Medicaid and 4 to 1 for CHIP), by optimizing *these* programs and focusing our limited resources on UPP we will get a handle on rising costs.

The minigrants bill is a proven, practical way to accomplish this while teaching the target population how to become responsible and effective health care consumers. This aspect, in our view, is what was most attractive to legislators and why the bill passed the House with unanimous support. This feature would also make Utah unique in its approach to minigrants. To be competitive for the grants, community-based organizations should be able to demonstrate how they will, in fact, teach the target population how to make effective and timely use of benefits and services.

Utah has among the lowest enrollment in Medicaid and CHIP in the nation. Communities of color, refugees, tribal members, and rural folks are especially under-enrolled. The minigrants will help to close these gaps.

These funds will be administered by the Utah Department of Health/Division of Health System Improvement.

For more information about health initiatives during this legislative session visit <http://www.utahhealthalliance.org/HealthMatters/3-7-2008HealthMattersFINAL.pdf>

Source: Utah Health Policy Project



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**Salt Lake County Aging Services** is the division of county government responsible for providing programs and services to the more than 124,000 seniors living in Salt Lake County

## **SALT LAKE COUNTY AGING SERVICES: RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)**

This national program, authorized by Congress under the Older Americans Act, provides people age 55 and older with opportunities to volunteer throughout the Salt Lake County area.

Most of us know that volunteering helps someone else -- but do you know what volunteering will do for you? Recently, a University of Michigan psychology study garnered attention by backing up the widely held belief with scientific fact -- that volunteering improves a person's physical well-being. After tracking the health and fate of 846 people for five years, a psychology team concluded that people who lend support to others live longer. "By making our contribution to others, we may be contributing to our own longevity," said Lead Psychologist Stephanie Brown of the University's Institute for Social Research. Brown's study indicates that people who receive help from volunteers don't benefit as much as the volunteers themselves. Her theory is that people live longer when they have a sense of their being important to someone else.

Mike Gonzales is a rare individual. Mike likes to keep busy, stay active and help others. He sees a need in his community and he quietly volunteers for many causes including providing assistance at the Midvale Senior Center. Aware that the senior center serves many frail older adults, he provides some desperately needed "extra muscle" at the senior center's food bank, yard sales and other fundraising events. He obtains donations for the fundraising events hosted by the senior center. The funds he raises help pay for the center's many programs and services that help benefit the center's seniors. Mike regularly brings boxes of donated fresh vegetables and bakery items from a local farm and bakery. Many people benefit from his caring and he is important to the successful efforts of the Midvale Senior Center's programs which he helps.

Everyone has a lifetime of work experience and professional skills they can give back to their communities. Everything you have accomplished, everything you have learned in your life can be used as a resource when it comes to volunteering and it's a shame to let your skills go to waste. Others want to learn and do something new. Volunteering provides avenues for both and it helps to ensure an active, engaged and healthy lifestyle.

As a volunteer you can serve in a diverse range of nonprofit organizations, public agencies, and faith-based groups. Among other activities, volunteers mentor at-risk youth; tutor children in reading and other critical skill subjects; teach English to immigrants; train service dogs; provide information to visitors; give tours; help frail elderly people stay in their homes; drive seniors to medical appointments; provide companionship; participate on community boards and committees and much, much more.

Volunteering will get you out of the house and get you involved in your community. Find a volunteer assignment and a schedule that works for you. And understand that "fitness" sometimes involves more than just exercise. For more information on your options and opportunities to get involved and help make a difference call Salt Lake County Aging Services' RSVP at (801) 468-2490.

*Information submitted by Ken Venables, SLCo Aging Services*

## AEC SPANISH INSTITUTE OF COSTA RICA OFFERING MEDICAL AND NURSING SPANISH

AEC Spanish Institute is a Spanish immersion school located in Costa Rica. For over seven years, AEC has provided students with the opportunity to travel to Costa Rica and learn Spanish through a combination of course study, cultural outings, adventure tours and placement with Costa Rican host families. The combination of these elements has created a wonderful way to learn a new language as well as experience a different culture first-hand.

The programs that are offered at AEC Spanish Institute have grown to include our very popular Medical Spanish Program and from that we have branched off to create a unique Nursing Spanish Program which has been accredited by both the California BRN as well as the ANCC (American Nurses Credentialing Center). Both of these programs are aimed at assisting people working in the healthcare system to understand the Spanish language so they can provide quality assistance and expertise to Spanish speaking patients and their families. The program is geared to help break the language and cultural barriers that exist between English and Spanish speakers in the healthcare system so that the very best care can be given to those who need it. If you are interested in finding out more about the school. To learn more about this program visit [www.adventurespanishschool.com](http://www.adventurespanishschool.com)

## BRIDGING THE GAP: MEDICAL INTERPRETING TRAINING AT THE UTAH DEPARTMENT OF HEALTH

The TB Control/Refugee Health and the HIV/AIDS, STD Prevention Programs will be offering a forty-hour "Bridging the Gap" medical interpreter training course to be held **May 29,30 and June 5-7, 2008**. The course will be located at the Cannon Health Building (288 North 1460 West) in Salt Lake City, Utah. Classes will begin promptly at 8:00 am and will continue until 5:00 pm.

There will be no registration fee to attend this course and all course materials will be provided to you free of charge. However, participants will be expected to attend the course in its entirety. In addition to being fluent in English, **all applicants MUST be fluent in a second language** and must be willing to act as a medical interpreter. **Priority will be given to applicants who work within the refugee health, Tuberculosis control, HIV and STD prevention setting.**

All participants who attend the entire forty-hour training and successfully complete the final exam will receive a certificate of completion. If you have staff whom you think could benefit from this course, please fill out the enclosed application and return to us by **April 30, 2008**. Enrollment is limited to 20 participants, so it is critical that only those persons willing to commit to the entire forty-hour course apply.

If you have further questions concerning this course, please feel free to call Edwin (801) 538-9480.

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## 6TH ANNUAL WALK FOR SUICIDE AND VIOLENCE PREVENTION

The Mental Health Association in Utah along with several community partners will sponsor the 6<sup>th</sup> Annual Walk for Suicide and Violence Prevention from 11:00 am - 2:00 pm on April 26<sup>th</sup>, 2008. The event will include an opening ceremony presented by Lacey Harris followed by a special performance by Jose Bonilla and speeches presented by Joanne Miller, Dr. Steve Allen and Sheriff James M. Winder, which will be held at the Northwest Pavillion in Sugar House Park. The opening ceremony will be followed by a 5K walk through Sugar House Park and end with brunch and a closing ceremony dedicated to a pro-active commitment to life and living.

An average of one person will commit suicide every 17 minutes in the United States alone and Utah has the 6<sup>th</sup> highest suicide rate in the nation according to Mental Health America. Every year, more than 1.5 million women and 834,700 men are physically assaulted and/or raped by their intimate partner in the United States and on average, 11 Utah women die each year from intimate partner violence. The walk is designed to raise awareness of these issues in our state, help reduce the stigmas associated with them, and offer support to those affected by suicide and violence. All proceeds from the event will be used to support suicide and violence prevention and intervention programs. Pre - registration is \$30.00 for Adults, \$25.00 for college students and \$20.00 for children 18 and under. An additional charge of \$10.00 will be added per person the morning of the walk. Registration includes brunch, drinks and 1 T-shirt per person. For more information or to register please contact The Mental Health Association in Utah at 801-596-3705 or visit [www.mhaut.org](http://www.mhaut.org)

Organizations providing support for the 6<sup>th</sup> Annual Walk for Suicide and Violence Prevention include: Educators Mutual, Araueni Olivares, Brown and Zvonek, Altius Health Plans, Lilly Inc., Regence Blue Cross Blue Sheild, YWCA, South Valley Sanctuary, Utah National Guard, Utah Domestic Violence Council, Indian Walk-In Center, Westminster College, Joanne Miller, Dr. Steve Allen, Sheriff James M. Winder, Jose Bonilla, The Pride Center and The Mental Health Association in Utah's Board of Directors.

*Source: The Mental Health Association of Utah*

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## GRANT OPPORTUNITIES

Active Living Research is pleased to announce the release of our Call for Proposals (CFP) - Round 8. This call for proposals is the first to reflect a new emphasis for **Active Living Research**, which will focus on supporting research to inform policy and environmental strategies for increasing physical activity among children and adolescents, decreasing their sedentary behaviors and preventing obesity.

All proposals must be submitted through The Robert Wood Johnson Foundation (RWJF) Grantmaking Online system. The full proposal submission deadline is Wednesday, **May 14**, 2008, 1:00 p.m. PDT. visit [www.activelivingresearch.org/grantsearch/grantopportunities](http://www.activelivingresearch.org/grantsearch/grantopportunities) for more information and to link to the RWJF Grantmaking Online system.

If you have any questions about the proposal submission process, please contact Amanda Wilson, Research Coordinator, at [awilson@projects.sdsu.edu](mailto:awilson@projects.sdsu.edu) or 619-260-5538.

Many schools and school districts throughout Davis, Salt Lake, Summit, and Tooele counties (as well as the rest of Utah and the nation) are working to improve academic achievement by linking the school curriculum with academic enrichment programs and social service supports offered by community partners. This model, often known as community schools or community learning centers shows great promise and is growing throughout the country.

Applications are now being accepted for participation in **United Way of Salt Lake's Community Learning Centers Initiative**. This initiative is intended to build on the existing work of many schools and school districts by linking existing efforts, expanding the model in at least four new schools, and evaluating collective impact to build the case for broader implementation.

At least four schools will be selected to receive a full time Community Learning Center Director and/or \$25,000 per year for program implementation.

Complete information and the application is available at United Way of Salt Lake's web site [www.uw.org](http://www.uw.org) Applications must be received by **May 15** at 5:00 p.m.

The Robert Wood Johnson Foundation **Local Funding Partnerships Program** is designed to forge relationships between the RWF and local grantmakers to fund promising, original projects that can significantly improve the health of vulnerable people in their communities. Projects must be new, innovative, collaborative, and community-based. Significant program expansions — into new regions or to new populations — may also be considered. Please note that this program does not fund existing projects.

Projects must be nominated by a local grantmaker interested in participating as one of the funding partners. Local funding partners must be willing to work with grantees to obtain sufficient dollar-for-dollar matching funds throughout the grant period. These founders may include independent and private foundations, family and community foundations, and corporate and other philanthropies. Matching funds must represent new funding specifically designated to support the proposed project. In-kind services may not be used to match foundation funds. Applicants may be either public entities or nonprofit organizations that are tax-exempt under Section 501(c)(3) of the Internal Revenue Code. Private foundations as defined under Section 509(a) are not eligible to apply.

Up to \$6 million in total funding is available for the 2009 grant cycle. Up to 14 matching grants of between \$200,000 and \$500,000 each per project will be awarded.

Deadline: **July 8**, 2008

More information [www.rwjf.org/applications/solicited/cfp.jsp?ID=20203](http://www.rwjf.org/applications/solicited/cfp.jsp?ID=20203)

For more grant opportunities visit the previous issues of *The Connection*  
<http://www.health.utah.gov/cmh/news.html#newsletters>

**SCHOLARSHIPS, INTERNSHIPS AND TRAININGS****Internship Opportunity**

The Utah Department of Health, Bureau of Access, CHIP, PCN and UPP programs, will have a paid internship opportunity available starting May 2008. Please share the attached document with your students and colleagues.

For more information contact Sabrina Phone: (801) 538-6577 E-mail:

[smangum@utah.gov](mailto:smangum@utah.gov)

**Scholarships for Polynesian Students**

The Ka Lama Mohala Foundation is proud to offer six (6) scholarships to current college students and 2008 graduates of a Utah high school to encourage our Polynesian Students to continue studying at an accredited 2 year or 4 year institution or technical school. Due date April 7.

For more information: [koalinani4@hotmail.com](mailto:koalinani4@hotmail.com)

**Leadership Program for Refugee Youth (AAU EXCELS Academy)**

The Asian Association of Utah (AAU) and the University of Utah (UU) are seeking nominations for the new program, AAU EXCELS (Excellence and Leadership Skills) Academy for refugee youth. This unique program focuses on developing leadership skills among refugee youth through an eight week curriculum where you learn how to increase their level of excellence and leadership skills. The program consists of two week day sessions and six weekend outings for eight weeks. Youth residing in the greater Salt Lake area, from a refugee family, ages 14-16 years, currently enrolled in school and not involved in the juvenile justice system are eligible. Only 12 places are available for the 2008 spring program which starts in early April. The program is free to those youth who are selected. A formal graduation ceremony will be held at the end of the eight week program for successful participants and their families.

More information call Mr. Kiboum Kim at the Asian Association of Utah at (801) 419-1418. Nominations can be submitted by fax (801) 486-3007 or electronically [kiboum.kim@hsc.utah.edu](mailto:kiboum.kim@hsc.utah.edu)

**Free tutorial website for practicing "medical" Spanish.**

<http://www.practicingspanish.com>

**Improving Prescription Access for the more than 420,000 Uninsured Utah Residents** – Tuesday April 22nd from 1:00 PM to 2:00 PM. Registration for this webinar is available at [www.togetherrxaccessonline.com/together\\_rx.htm](http://www.togetherrxaccessonline.com/together_rx.htm)

**Rapid HIV Testing & Diagnosing Acute HIV Infection** – Wednesday April 16th from 10:30 AM to 12:30 PM. To view this webcast you must register at [www.amc.edu/Patient/services/HIV/HIVConf/regBroadcast.html](http://www.amc.edu/Patient/services/HIV/HIVConf/regBroadcast.html)

**Help us celebrate DNA Day on April 25th!**

April 25th has been designated National DNA Day to commemorate the completion of the Human Genome Project and the discovery of the double helix. To celebrate National DNA Day, the Genomics Program has planned several fun events throughout April. Join us for any or all of these events and help us kick off DNA Day with style! Please share with interested partners and colleagues.

Visit our website to learn more [health.utah.gov/genomics/pages/dnaday.html](http://health.utah.gov/genomics/pages/dnaday.html)



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## WE WOULD LIKE TO HEAR FROM YOU

Please submit: feedback, suggestions, ideas, news, events or articles to: [ddiez@utah.gov](mailto:ddiez@utah.gov)



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## The Connection

**Production Editor:**  
Dulce A. Díez

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## ABOUT THE CMH

The Center for Multicultural Health (CMH) is the Utah office of minority health. It is part of the Utah Department of Health, Division of Community and Family Health Services.

Our mission is to promote accessible and high-quality programs and policies that help all racial and ethnic minorities in Utah achieve optimal health. We accomplish our mission by increasing public and health professional awareness of persistent race/ethnic disparities and by developing effective health policies and culturally competent programs that lead to better access and utilization of quality health care services in Utah.

[www.health.utah.gov/cmh](http://www.health.utah.gov/cmh)

## MISCELLANEOUS

### CONGRATULATIONS TO APRIL YOUNG BENNETT!

CMH Multicultural Health Specialist April Young Bennett has been named by The Utah State University (USU) as the 2008 best young professional in the areas of health promotion and public health. The awards ceremony took place on April 3rd in Logan.

April earned her bachelor's in Health Promotion and Education at USU and attended the University of Arizona for graduate work in Public Administration.

April has been working for the Utah Department of Health for the past six years and for the Center for Multicultural Health since October 2005. Her efficiency, reliability and excellent communication skills made April an extremely valuable asset for the center.

CMH is proud of having such a brilliant professional among its staff.

### SPRING REFUGEE CELEBRATION & LSS of Utah Refugee Art Display

Barnes & Noble Bookstore Sugarhouse – 1100 East and 2100 South  
April 10, 2008, Thursday 11 am to 8 pm

Ten Percent (10%) of any purchase April 10th with voucher located at LSS table benefits Refugee Ministries *including* the new Manna Market Refugee Food Bank @ LSS of Utah: Refugees from Burundi, Burma, Congo, Eritrea, Somalia, Sudan and Thailand (Africa and Asia)

Lutheran Social Service of Utah Announces the **Opening of Green Waters Health Center** 1800 South West Temples Suite 500, SLC  
Opening Celebration 2:00 – 8:00 pm April 17, 2008, Thursday  
Green Waters Health Center provides Low-Income Access to free Alternative Health Care & Education.

### Free conference Call: Improving Health Literacy in Your Community

JSI Research & Training Institute/Proyecto IDEAS invites you to participate in a free, open conference call addressing issues related to improving health literacy in your community. Conference call are held the second Tuesday of Every other Month @ 12:00 pm (mountain time)  
Dial 1-888-237-9331 Access code: 833809  
[proyectoideas@jsi.com](mailto:proyectoideas@jsi.com)

**Salt Lake County Board of Health** has 4 openings with the following criteria: A physician, a representative of the regulated business community (preference is someone from food service), 2 at-large positions. If you are interested, please fill out the following application  
Email to [sivey@slco.org](mailto:sivey@slco.org)

For more events visit our calendar  
<http://my.calendars.net/multicultural>

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